



GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP

September 2013 VOLUME 4 ISSUE 9

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INSIDE

Restorative justice – p. 2

Corn or Beans? – p. 3

Alternative homes – p. 3

Commuter rail – p. 4

Fetal alcohol – p. 5

Depression Center – p. 7

Puzzles – p. 8

Calendar – p. 9

Poetry – p. 10

Quesadillas – p. 12



Struggles to stardom

— p. 6

Restorative justice heals victims, perpetrators and communities



by Susan Beckett
Publisher

There is a growing consensus that the punitive model of justice adopted in the United States has been ineffective. Communities who've seen their young men commit crimes and serve long sentences – leaving their families to fend for themselves, unable to successfully re-integrate upon their return – have looked for alternatives, especially for youthful offenders.

Restorative justice is one of the alternatives now recognized by the courts, should the victim and offender both request it. The victims get the satisfaction of letting the offenders know how they've been affected by the

crime and an opportunity to ask for answers to the questions that plague them, such as: “Why did you do it?” They also detail the hardships they continue to face as a result of the crime and suggest ways the offender could make the victims lives easier.

The offenders learn the cost of their actions in human terms and have the opportunity to offer authentic apologies. Part of their punishment is making restitution that can range from providing personal and economic support to the victims to volunteering and making donations to an organization of the victim's choice.

One might wonder why some of these components are not routinely present in the justice system. The adversarial court model of prosecution and defense actually thwarts it. The lawyers, judge and jury are in the center of the action, while the victims and offenders are off to the side. Further, the concentration of power in the hands of prosecuting attorneys has led to threats of overcharging to garner plea deals. In the overwhelming majority of cases, the victim and offender never even face each other in court. Attorney General Eric Holder's recent order that federal prosecutors refrain from seeking mandatory minimum sentences for low-level nonviolent drug offenders will neutralize some of this disparity in power and keep some offenders out of prison at the discretion of the judge and jury.

Many prisoners finish their sentences without addressing the issues that got them in trouble in the first place. The War on Drugs was accompanied by a philosophical shift in the justice system that stripped many rehabilitation and treatment programs and adopted a stance of retribution and deterrence. This has led to a five-fold increase in the number of prisons since the 1980s. There have been some improvements in

the reintegration process, with parolees receiving some assistance from federally-funded re-entry programs to help them find housing and jobs which are part of the terms for parole.

Peacemaking circles, originating with native peoples of North America, is one form of restorative justice that has also been used inside prisons as a form of rehabilitation. They bring together offender, victims, community members, and even judges and police officers into a conversation. The group discusses how to repair the damage and avoid repetition of the criminal activity. Once offenders trust the circle to continually treat them with respect, they acknowledge the impact of their crimes and develop awareness of the harm they have caused.

Variations of peacemaking circles are used as diversions from trials and others are used inside correctional facilities. San Francisco Bay Area nonprofit Insight-Out has a model called GRIP – Guiding Rage into Power – used inside prisons to reduce recidivism and transform violent offenders into peacekeepers, effectively helping to heal communities. A group in San Quentin State Prison has named itself “936,” the cumulative number of years in prison served by the 34 men in the group. They contrast that number with the “moments of imminent danger” when they crossed boundaries and committed their crimes – one hour, 40 minutes and 20 seconds.

“Those two numbers are sort of the first wake-up call of the program,” said Jacques Verduin, Insight-Out's creator. “It's like, OK, you lost a short moment that had huge consequences. We're taking a whole year together to study, together, how you can never lose a moment like that again.

“Guys get to investigate through various exercises, ‘What was the pain that I

lashed out from that I didn't want to deal with?’” Verduin said. “What was the confusion there? So they get to map all of that and see the patterns.”

The relationships formed within the group evoke accountability, according to Verduin. Listening and caring creates a community. Some of the men who have dedicated themselves to GRIP want to teach what they have learned to address the epidemic of violence in America.

In the spirit of being the change you want to see in the world, we at Groundcover are trying to resolve our conflicts and rules violations using a restorative justice model. In our initial foray we learned that a successful resolution requires everyone involved to stick it out through the rather time-consuming and sometimes uncomfortable process. We've also gotten to see that the longing for a supportive community is a powerful counter-balance to the unchecked and unscrupulous desire for personal gain.

Change is never easy, but when what you have been doing isn't working, it is time to change.

Street musicians

Dear Editor,

The most major fact about street musicians in Ann Arbor is that only recently have the police stopped harassing them. Without considerable public input, this official policy of indulgence could be **ended at any time!**

Sincerely,
Paul Lambert



Corn or beans?



by Rev. Dr. Martha Brunell
Groundcover Contributor

When I moved from Ann Arbor to Mayfield Township in Sycamore, Illinois, I came to live in the country for the first time since the early 1970s. The fields that surround me now are broad and fertile. And the topography in northern Illinois often has a gentle rolling quality to it that reflects the number of rivers lacing their way through this part of the state. On the edge of my move, I heard these comments over and over from friends with a deeper agricultural background than mine: *Beans or corn? Are the fields planted in beans or corn? Martha, I hope it is beans!*

There are fields of both beans and

corn within several miles of my home. However, the immediate fields are all in corn. My friends' preference for beans is tied to the fact that, as the feed corn rises to a full height of seven feet or so, many feel closed in by walls of corn. I arrived in a very wet April, and the fields hadn't been planted yet. I answered my friends' concern with the observation that the house and the church sit up on a slight rise of land. It seemed to me that I would always be able to see over the corn.

The corn to the east, south, and west of me has grown to seven feet. The landscape takes on a very different character during the months the crop is at full height. Actually, I haven't minded the crowd of neighboring corn this season. It has been full of surprises that delight me.

There are fields of sweet corn among the predominant ones of feed corn here in Mayfield. I have loved sweet corn since I was a child in upstate New

York. I didn't even mind the messy job of husking it then. As fond as I have always been of its taste, I knew little about how an ear of corn formed until my move to Illinois. I've learned that all those messy silks that make husking such a chore are each connected to an individual kernel on the ear. The wind blows the pollen from the tassels on the top of the corn to the silk beneath. In order for an ear to ripen well, every single silk needs to be individually pollinated to ensure an ear covered with mature kernels. Since the day I learned that basic corn fact, I have held an ear of corn in my hand and marveled.

The ear of corn not pollinated once, but pollinated over and over again, is an apt metaphor for any healthy group or organization, be it a faith community, a street paper like Groundcover News, a justice agency, a neighborhood group, or a political effort. We are gathered together, not unlike all those kernels on an ear of corn, and undertake critical tasks or live life in a certain way. The

strength of what we take on rests with how each one of us is animated to recognize and bring our gifts to the table. When a group or organization can support and draw on the presence of every one of us, side by side, the taste of what happens is sweet indeed.

Now when I husk corn, I stop and am mindful of the beauty of where I am gathered with others. I ask if we resemble the kernels on the ear, each committed to offering from the growing possibilities of who we are. I question if we would be wise to shift anything to maximize our individual and corporate development. And I am thankful indeed that we are in this together. This month as the corn continues to ripen around me, I send my gratitude from Illinois to all the kernels on the ear we know as Groundcover News. Through the combination of who we are becoming, the taste we have to offer throughout Washtenaw County and beyond is one that others will savor.

Alternative housing: thinking outside the box



by Carolyn Lusch
Groundcover Contributor

Everybody needs a home, a place to sleep and shower and feel grounded. Around the world, as the population grows and economies remain uncertain, folks are looking to unusual spaces for housing. Most of these are on the fringe, but it begs the question of whether we can adapt some of the better models more broadly, to perhaps decrease our strain on the environment and provide creative solutions to homelessness. These are not your typical McMansions on the cul-de-sac – we're talking outside the box.

Let's start, though, with some of the not-so-great solutions. Several news outlets reported in late February on the “geki-sema share houses” in Tokyo (the most populous city on the planet), extremely small living cubbies that range from 50 to 75 square feet, don't fit much more than a bed, aren't tall enough for standing or probably even kneeling, and according to psfk.com, “are arranged like drawers in a mausoleum.” They are apparently designed for young professionals who badly want to live in the lively central district but can't afford rent higher than the \$300-500 they pay.

That sounds pretty unpleasant, not to mention dehumanizing. Putting people



Ohian brothers Aaron and Adam Leu built this 130-square-foot home, complete with kitchen, bathroom and sleeping loft. A trend toward downsized homes is an increasing alternative to traditional housing.

away in glorified drawers is not a great solution, although it probably makes them get out of the house pretty often. I think, though, that everyone deserves a space that gives them a sense of dignity.

Well, let's move to a different hemisphere and a trendier project, New York City's micro-apartments, promoted by Mayor Michael Bloomberg and also popping up in other cities around the country. The ones in New York are between 250 and 370 square feet – quite an upgrade from the Tokyo drawers. The model on display at the Museum of the City of New York is classy, filled with super-cool foldable furniture and things that fit inside other things. Certainly, it's a good way to reduce your rent in a city like New York, and minimize your

carbon footprint. But it's still New York, and in contrast to the Tokyo apartments, these are intended for “a late-20s to mid-30s corporate professional making six figures ‘with an image to maintain,’” according to Curbed New York.

This is the problem I see so far with the tiny/alternative housing movement: like many green movements, it hasn't found a way yet to appeal to normal people, much less people who are struggling to maintain housing.

see HOMES, page 5

GROUNDCOVER
NEWS AND SOLUTIONS FROM THE GROUND UP

Commuter rail to expand access to jobs and drive up property values

by Susan Beckett

The outcomes of the proposed commuter rail service from Ann Arbor to Detroit's New Town – with stops in between at Ypsilanti's Depot Town, Livonia (with bus service to Detroit Metropolitan Airport) and Dearborn – might be both good and bad for the area's low-income residents. Access to more jobs may come at the expense of affordable housing.

The unveiling of refurbished train cars at the Ypsilanti Freight Depot featured rhetoric from local leaders on the history of Ypsilanti as a railroad town and promises of increased resurgence once rail service, known as MiTrain in its current incarnation, resumes in about three years. The trains will likely operate at 60 miles per hour, though Amtrak engineer Chris Bagell has certified them to safely operate at up to 84 mph, and complete the trip from Ann Arbor to Detroit in 50 minutes. Bus transportation at all stations will be coordinated with train arrivals and departures.

Paul Tait, executive director of the Southeast Michigan Council of Governments (SEMCOG), touted the many economic opportunities the rail line will provide commuters. He noted that Detroit, Ann Arbor and Dearborn are the top three employment areas in southeast Michigan and those three plus Livonia are the top four population centers in the area. Reliable transportation to those areas greatly increases the job pool for people

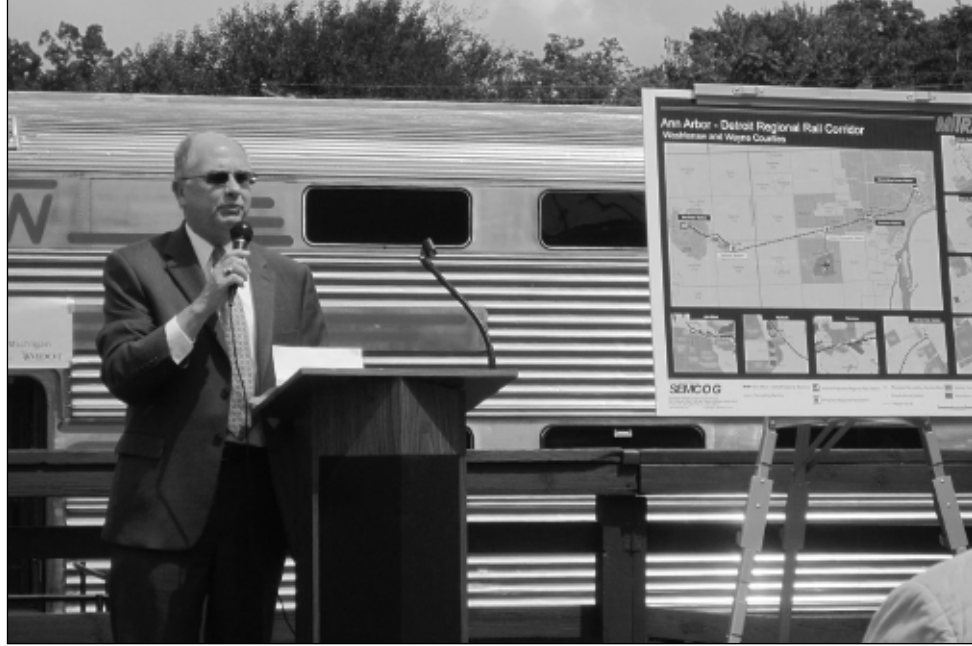
without cars, and rate accommodations will be made for special populations. The expectation is that there will be four round trips each work day from Ann Arbor to Detroit and three round trips on the weekend. A hydraulic lift is at each station to move wheelchairs on and off the train.

Ypsilanti development was the focus of City Manager Ralph Lange. He noted that a University of Michigan project under the supervision of professor Peter Allen had projected a 50 percent rise in property values for properties located within a half-mile radius of an active commuter rail line. He was pleased that Water Street, one of the areas whose redevelopment has been plagued with setbacks, is within that radius.

"I grew up in Philadelphia – and the northeast is the most active train corridor in the country. I was also the northwest Ohio Railroad Association co-chair for a few years. One of the things that attracted me to this job was that Ypsilanti is on the rail line," said Lange, a self-professed railroad nut.

Lange noted that the economic benefits extend to support services and walk-in business in the areas near each stop. He also expects increased traffic to Eastern Michigan University events and unique stores like Model Cave Hobby Shop and Puffer Reds that already draw people to the area, as Ypsilanti becomes more of a destination location.

County Commissioner Yousef Rabhi presented the perspective of new



Paul Tait, Executive Director of SEMCOG, explains to the audience at the Ypsilanti Freight Depot how the coming passenger rail service, featuring double-decker cars like those in the background, will stimulate the economy in southeast Michigan.

graduates entering the workforce without owning a car. With a moped as his only form of motorized transportation, the train opens up opportunities for Rabhi and others who rely on public transportation to visit or work in Detroit. Many 20-somethings have embraced this New Urbanism and will appreciate the ample space in each train car for bicycles, thereby expanding the range of places reachable from each stop by at least several miles.

The 132,000 students in 10 universities along the route also stand to gain increased access to internships and entertainment, along with another option for airport transportation. More people will be able to get to sporting

and cultural events at those universities, too.

Tracks serving Amtrak and MiTrain have been upgraded thanks to a redirection of funds when Florida declined the funds awarded to their rail project. However, more funding is needed to complete the upgrades and meet the estimated \$10 million per year in operating costs.

Train service promises great returns in economic development, but for the poor to benefit, their rental housing in the area needs to be secured and protected from the inevitable increases that will come with the projected 50 percent rise in property values.

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FASD – alcohol's devastating effects

by Susan M. Reinhart
 Groundcover Contributor

In April I was on vacation at Mammoth Cave National Park. While I was having lunch in the café there, I was both surprised and pleased to see a sign that said "DRINKING ALCOHOLIC BEVERAGES PRIOR TO CONCEPTION OR DURING PREGNANCY CAN CAUSE BIRTH DEFECTS." But I wondered whether the term "birth defects" was adequate. Would people reading the sign understand that drinking alcohol before or during pregnancy can cause a serious, irreversible brain injury with lifelong consequences to the child?

FASD (Fetal Alcohol Spectrum Disorder) is the term commonly used today to refer to a brain injury caused by a mother's drinking alcohol during pregnancy. One medical diagnosis given to children born with an FASD is ARND (Alcohol Related Neurodevelopmental Disorder). Some newborns have facial features indicative of FASD: small eye slits, a very long space between the nose and upper lip with little or no groove and a thin upper lip. These children are described as having FAS (Fetal Alcohol Syndrome).

Because many newborns with an FASD do not have these obvious features, FASD may be overlooked as a diagnosis. Many parents have adopted children with an FASD without knowing it. So, how can it be determined whether a child with no outward signs of brain injury has an FASD? It should be suspected if the mother was known to drink alcohol during pregnancy and other clues are present, such as low birth weight, problems sucking and trouble sleeping. Later in development, many children affected by prenatal alcohol exposure show signs of attention deficit disorder (ADD) and sensory problems, such as sensitivity to certain types of fabric, light and taste. As they grow older, they often show signs of secondary disabilities, such as mental health problems.

When children reach school age, parents begin to be more aware that something is wrong. Children with an FASD may have attention and memory deficits, poor language skills, problems planning ahead and processing information, and trouble following through with tasks. Some have a hard time just staying still. Betsy Soden, who runs the Washtenaw area FASD support group with her husband

Vern, observed that problems faced by children with an FASD become more obvious as they try to deal with more abstract concepts in school. Vern added that children with an FASD may seem to be stubborn and uncooperative because they can't generalize. They tend to repeat the same responses and use the same ineffective strategies, making problem-solving difficult. They may also have a hard time responding to criticism because they can't understand what they are doing wrong, and may show explosive anger if things don't go as they expect.

Although some children with an FASD may have average or above-average IQs, they generally have below-average IQs, struggle in school, and need support services such as special education and tutoring. But even children with lower IQs and low school performance may display exceptional abilities, such as talent in playing a musical instrument, nurturing plants, utilizing spatial skills or playing a sport.

Both male and female children with an FASD may be unusually vulnerable and thus preyed on by others. One individual with an FASD described being bullied and physically abused throughout his school years. Others are sexually abused. Some are forced to hand over money or other valuable objects to manipulative friends and acquaintances. One mother reported that her son took equipment from a store because his friend asked him to.

As children with an FASD get older, they face more serious problems. They are often highly impulsive, and may not be able to understand the consequences of their actions. Their parents often report that their children aren't able to evaluate whether an activity is socially acceptable, dangerous or illegal. For instance, children around eight to 10 years old with access to matches may start fires. They may also steal from friends, neighbors, classmates and stores because they don't understand boundaries regarding personal belongings and ownership. It's common for teens and young adults to

impulsively enter sexual relationships with underage girls/boys without really understanding the consequences. The University of Washington Fetal Alcohol and Drug Unit estimates that over 50 percent of individuals with an FASD have been involved in criminal activities, more than half involving illegal sexual behavior.



Parents may find themselves involved in the criminal justice system for the first time. In addition to seeing their child incarcerated, parents face costly legal fees and court costs. One member of the FASD support group reports having spent \$7,500 on legal fees, even with a partial *pro bono* reduction.

As well as having been exposed to alcohol prenatally, children with an FASD may have a genetic predisposition to alcohol. As they get older, they often have serious problems with alcohol addiction and drug abuse. Pregnant women with an FASD may thereby give birth to children with an FASD and FASD may be passed down

from one generation to the next.

Sadly, adults affected with an FASD face high rates of unemployment and homelessness, particularly if they suffer from the common combination of FASD, mental health problems, a criminal record, alcohol and substance abuse, and a dysfunctional family life.

Alcohol consumption by pregnant women in the United States remains high. According to the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA), one in five pregnant women report drinking in their first trimester of pregnancy, and one in nine women report binge drinking during their first trimester of pregnancy. One in 100 children in the United States are born with an FASD – nearly 40,000 newborns yearly.

The bottom line: FASD is an irreversible brain injury that is 100 percent preventable. Drinking alcohol while pregnant can create permanent physical and mental damage to an unborn child and may perpetuate a cycle of addiction, mental illness, incarceration and homelessness. Women who are attempting to conceive, are pregnant, or are breastfeeding should not drink alcohol.

The FASD support group meets at 7:00 p.m. on the fourth Wednesday of each month in the Education Center at St. Joseph Mercy Hospital.

Alternatives to traditional homes

continued from page 3

that's a good deal better than most houses on the market.

To get even more creative, we can look to a University of Minnesota architecture student who bought and remodeled a 225-square-foot school bus to serve as a traveling home for up to six people. Not everyone can renovate their own bus home, but his DIYness allowed him to create a space with exactly the correct amount of space and level of mobility. He's now taking it on a road trip, which can be followed at hankboughtabus.com.

With today's society preoccupied with codes and zoning, it's hard to live in a nontraditional space. Even the developers who profit from luxury micro-apartments in central cities often have to get exemptions from rules about minimum size for living spaces. Last year in Ann Arbor, we saw the response

to a modern-day version of those Depression-era trailer parks when the Camp Take Notice tent city was evicted. Cities and local authorities should revise their zoning and ordinances to allow alternative forms of housing while still keeping citizens safe. This may require using less of a broad-brush approach – after all, everyone's housing needs are different.

And the tiny housing movement should do some soul-searching and work towards meeting humanitarian as well as environmental goals. Otherwise it will become obsolete and be remembered as a strange upper-class fad. Somewhere between the cupboards in Tokyo and the American exurbs, there's an opportunity for a new kind of housing that respects individuality, bolsters community, uses resources wisely and creates a space for people in need.

Lexi Erwin – a star on and off the court

by Susan Beckett

Lexi Erwin is more than a star University of Michigan volleyball player. She has dedicated much of her college career to finding her self-worth and having that recognized by others. Taking it a step further, she encourages those around her to value everyone equally. She believes that having the coaching staff embrace this point of view played a role in the team's remarkable and historic ascension to the championship game in the NCAA tournament last year.

It was the desire to figure out who she was that drew Erwin to U-M from her conservative Christian home near Houston, Texas. She wanted new perspectives and valued the diversity of opinions and beliefs she encountered when she visited Ann Arbor in her junior year of high school.

"I wanted to be surrounded by a wide range of opinions and beliefs so I could figure out what mine were," says Erwin.

Her first two years of college were difficult.

"Everything I believed in was challenged. Now I'm realizing what I believe, not just what my parents and teachers taught me," Erwin states.

Having faced adversity, Erwin is drawn to the underdog. In her senior year of high school, she was bullied by some girls who disagreed with her on what was important in life.

"They rallied other girls to not like me," Erwin recalls. "So my freshman year of college I avoided sharing my beliefs."

Despite her athleticism and height of six-foot-one, Erwin is on the small side for a front-row player in the Big Ten and she was not playing much in her first year; when she did play it was back row only. Neither she nor most of her friends on the team were starters and they did not feel valued to the same degree as the women who were starting. It was very important to her that they be recognized as people outside of volleyball, whose worth was the same as everyone else's.

Head coach Mark Rosen acknowledged Erwin's dissatisfaction when she rebelled during her sophomore year and referred her



Lexi Erwin at a preseason volleyball scrimmage with her University of Michigan teammates.

to the Director of Athletic Counseling, Greg Harden.

"Greg worked with me to overcome my worrying about what other people thought," says Erwin. "He suggested I make a list entitled, 'When I'm a senior, I want to be ____,' and he's worked with me to become that person."

One of those goals was to be a six-rotation player, rather than just the back-row specialist she was at that time. She had chosen U-M over Stanford and USC because those other schools told her they only intended to play her in the back row. She was recruited at Michigan as an outside hitter, and she was determined to fill that role.

She was a smart hitter, with a wide selection of cut and roll shots, but her coaches told her she did not jump high enough or hit hard enough to be successful in the Big Ten. In her meeting with Rosen at the end of her sophomore season, she shared her ambition with Rosen and he told her

touching nine feet, nine inches to a 10-foot vertical touch. Mark was impressed with my improvement."

There were still mental and psychological issues to overcome, such as managing her additional responsibilities and not being intimidated by the bigger women she faced across the net.

"I found a core of Christian girls who I can talk to without being judged," Erwin reflects. "And I continued seeing Greg every two to three weeks. I found that what was important to me was finding my worth in all the things I'm involved in – volleyball, school, friends... Having a great sense of self and finding my worth in God and myself. I find people are drawn to a strong sense of self."

Erwin accomplished all her goals and became Michigan's "go-to hitter" during the season. She was named MVP in the NCAA regionals and selected to the All-Tournament Team in the NCAA Championships.

"It was so exciting for us. Having our pictures taken and being interviewed by ESPN seemed routine for teams like Texas and USC, but we were jumping up and down. We were the only unranked team to make it to Louisville

see LEXI, page 11




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Suffering from depression? U-M Depression Center can help

by Sarah Arshad
Groundcover Contributor

Depression. We've heard accounts in the media, television and movies, and may even suffer ourselves, but how much do we really know about this illness? It is at once both a taboo subject and one of peculiar fascination. And though it's become very commonly portrayed in pop culture, there is still a lot of associated stigma, making it very difficult for people to seek adequate treatment.

According to the National Institute of Mental Health, about 27 percent of American adults suffer from a diagnosable mental disorder in a given year. That's a little more than one in four people in the United States. About seven percent of Americans suffer from Major Depressive Disorder, which is the leading cause of disability in Americans aged 15-44. And one in six people in this country will experience at least one episode of depression in their lifetime.

During my tenure as a medical school student, I was shocked at the prevalence of mental illness. I was also surprised at how reluctant some people were to admit that they had problems or to show willingness to see mental healthcare providers. During my rotations in psychiatry and child psychiatry, I discovered how much I enjoyed the field, how much I enjoyed helping treat patients with mental illnesses, and so I decided to pursue residency training to become a mental healthcare provider. It is my hope that we can reduce the stigma associated with these diseases and provide access to good healthcare for patients suffering from diseases of mental health just as we would want to provide for patients with high blood pressure or diabetes or broken bones.

Many mental illnesses, such as depression, can be tricky for patients to self-diagnose. Symptoms can start off very subtly, perhaps a fatigue you attribute to working too hard, followed by difficulty concentrating, which you may attribute to being tired. You also may notice a change in appetite, which you think is occurring because of your fatigue, or you may experience feelings of guilt. You may not sleep much, or oversleep, though it is not restful. And slowly this drains away your energy, and you find that you no longer enjoy the activities that once made you happy. And if you have the energy to think about it, which you may not, suddenly you may notice that you are depressed. And that realization in itself causes pain, a pain so deep you may notice



The University of Michigan Depression Center is located in Ann Arbor at 4250 Plymouth Road.

yourself wishing to get rid of that pain by numbing yourself with drugs or even by committing suicide. Life can cease to have any pleasure, and when you try to think of reasons you should continue living, you could come up empty-handed.

Mental illnesses such as depression can alter your thinking so that you don't necessarily realize that you are suffering from a disease. That is partially why it is so difficult for depressed patients to seek help. In addition, depression often takes away the energy you would need to seek out help, making it doubly difficult. While people can find solace in substances such as alcohol, it is itself a depressant and can sink your mood even further. In the end, it seems easier to try to edge away the pain with self-injurious behaviors such as cutting, burning, or suicide, than to seek help – because help seems utterly hopeless, and you can no longer remember the joys of living to begin with.

As a future mental healthcare provider, I urge you – if you feel you may be depressed, or if you are headed in a downwards spiral, let someone know. Tell a good friend, a family member, your physician, your minister or anyone else who is reliable and can help you get help. Sometimes talking about your emotions and the pitfalls in your life will help you feel better. Or maybe someone will refer you to a psychiatrist, who can more accurately follow your disease state. And even then, though the doctor may put you on medications, she may also get you involved with therapy and encourage you to exercise – which releases endorphins which are natural mood-enhancers – and eat healthy foods. There are many tools to battle depression, but it has to start with seeking help.

The Depression Center is housed in a three-story building which has a glass-enclosed entrance lobby, an atrium topped by a massive skylight, and a rear façade made entirely of sheet glass – all designed to bring light into the building throughout the day.

Depression Resources For You:

The University of Michigan is an excellent community resource for individuals experiencing depression.

- Visit their online "U-M Depression Toolkit," www.depressiontoolkit.org, to learn more about your condition, how loved ones can help, and your treatment options. You can learn more, make an appointment and access more resources from the website, www.depressioncenter.org.
- The U-M Psychiatric Emergency Services, located in the University Hospital at 1500 East Medical Center, provides 24/7 emergency walk-in evaluation services, and a 24/7 crisis phone hotline: (734) 936-5900. If you are suicidal or fear for your safety, please call that hotline or go to the emergency room.


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Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

Cryptoquote

IROASWU JQXYERAK SE LQWWRLZRB

TSZI IROASWU QZIRYE.

— JQHQ QWQ

Hint: S = ð

Solutions on page 11

Groundcover Vendor Code

While Groundcover News is a nonprofit organization and newspaper vendors are considered contracted self-employers, we still have expectations of how vendors should conduct themselves while selling and representing the paper.

The following list is our Vendor Code of Conduct, which every vendor reads and signs before receiving a badge and papers. We request that if you discover a vendor violating any tenets of the Code, please contact us and provide as many details as possible. Our paper and our vendors should be positively impacting our County.

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- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper.
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- I will only purchase the paper from Groundcover News Staff and will not sell to or buy papers from other Groundcov-

er News vendors, especially vendors who have been suspended or terminated.

- I agree to treat all customers, staff and other vendors respectfully. I will not “hard sell,” threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover News under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover News but a contracted worker responsible for my own well-being and income.
- I understand that my badge is property of Groundcover News and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover News.
- I understand to refrain from selling on public buses, federal property or stores unless there is permission from the owner.
- I agree to stay at least one block away from another vendor. I will also abide by the Vendor corner policy.

If you see any Groundcover News vendors not abiding by the code of conduct, please report the activity to: contact@groundcovernews.com 734-972-0926

ACROSS

1. Foundling

5. Imitations

10. Robes

14. Wager

15. Japanese figure skater Yokoya

16. Automobile damage

17. "_____ the light"

18. Lower bone

19. Hindu goddess

20. Aventador Roadster

23. Evergreen

24. Men

25. Nobel winner Bohr

27. Conduits

30. Brown

33. Ruckus

34. South American pigs

37. College founded in 1440

40. 1950s TV personality Bennett

42. Grapples

43. Man's nickname

44. Acquire

45. Regaled

47. Village in France

48. Violin part

50. Mosaic piece

52. Spouse

54. City near Florence

56. Beluga eggs

57. Sideburns

64. Soreness

66. Actor Stevens

67. Title character from an Anne Nichols play

68. Read electronically

69. Expiration, such as insurance

70. Shoe part

71. Explorer Hernando de _____

72. Islamic title

73. Obey

DOWN

1. Cry

2. Wife of Desiderius

3. Piece of news

4. Weak

5. Jagged fragment

6. Dangles

7. Egyptian cross

8. West African country

9. Observed

Is That Edible?

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64			65		66						67			
68					69						70			
71					72						73			

10. Put in

11. British warders

12. Farrier's equipment

13. Whisks

21. Drying oven

22. Hostel

26. Woman's name

27. Formal agreement

28. Concept

29. Apparel for Buster Keaton

30. American Indian people

31. Annoys

32. Village in Finland

35. Ishmael's captain

36. Native tribe of California

38. "_____ from Muskogee"

39. Immediately subsequent

41. Nourish

46. Round, flat object

49. Polished stone

51. Biblical king

52. Copper alloy

53. Edward G. Robinson role

54. Aplomb

55. Actress Stevens

58. California school (abbr.)

59. Streetcar

60. Long strip stored on a spool

61. Woodwind

62. Pier's foundation

63. Fruit part

65. North Carolina river

Puzzle by Jeff Richmond



Bethlehem United Church of Christ

423 S. Fourth Avenue, Ann Arbor, MI 48104

(between William and Packard)

www.bethlehem-ucc.org (734) 665-6149

Bethlehem Church is home for the Groundcover Office

Sundays:

8:30 am and 10:00 am ~ Worship

10:00 am ~ Church School

(There will be only one coffee hour at 9:30 am in the Lounge)

Upcoming Events:

September 7 ~ Football Parking ~ 8:00 pm game

(If you are going to the game, park here and help support our youth program)

September 8 ~ Rally Day

(Beginning of the church school year)

September 14 ~ Football Parking ~ Noon game

(If you are going to the game, park here and help support our youth program)

September 15 ~ Flu Shot Clinic ~ 7:45 to 11:15 am

September 22 ~ Mission Trip Sunday

(Members of this year's trip to Back Bay Mission in Biloxi, MS will lead service)

an invitation to grow in spirit and serve with joy

September 1-30 – Hunger Action Month. Over 200 food banks belonging to the Feeding America network unite to urge individuals to take action in their communities and simply Speak Out Against Hunger this September. More info: www.hungeractionmonth.org.

September 1-28 – Simply Give Food Pantry Drive. Food Gatherers benefit drive all month at Meijer (Carpenter Road location only). Purchase a Simply Give Gift Card at the checkout lane, or purchase them online: www.meijer.com/s/10-food-pantry-donation/_/R-129437. Cards will be used to purchase food items to meet the needs of hungry families in Washtenaw County. More info: www.foodgatherers.org.

September 1-26 – Depot Town Cruise Nights, 5-9 p.m. (Thursdays). Classic cars, hot rods, and custom-builds on display along Cross Street in Ypsi every Thursday throughout summer. Cross between Huron and River Streets, Ypsilanti. More info: visitypsinow.com/cruise_ypsi.

September 3-5 – Zen Buddhist Temple's 30th Annual Great Green Recycling Yard Sale, 9 a.m. - 5 p.m. (Sat, Mon) / 12-5 p.m. (Sun). Popular event offering up quality used furniture and household items collected and refurbished by members of the Zen Buddhist Temple. Zen Buddhist Temple, 1214 Packard Street, Ann Arbor. More info: annarbor@zenbuddhisttemple.org, or call (734) 761-6520.

September 3/10/17/24 – Tuesday Résumé Clinics, 9-11 a.m. Learn how to construct a résumé and receive professional advice and editing. Washtenaw County Michigan Works! Career Transition Center, Key Bank Building, 2nd Floor, 301 West Michigan Ave., Ypsilanti. More info: call (734) 544-6799; TDD (800) 649-3777.

September 8 – 11th Annual Kerrytown BookFest, 10:45 a.m. - 6 p.m. Celebrating those who create books and those who read them, the event highlights our area's rich heritage in the book and printing arts as well as local authors and organizations. Features speakers, exhibitions, and retail vendors. Kerrytown Farmer's Market Pavilion, 315 Detroit Street, Ann Arbor.

More info: www.kerrytownbookfest.org.

September 11 – 6th Annual Homegrown Festival, 6-11 p.m. Free public event showcases a vibrant and sustainable local food system and seeks to strengthen community food security in Southeast Michigan. Sample cuisine and drinks prepared by chefs and brewers committed to cooking with seasonal, local ingredients. Live music and dancing, special activities for kids, silent auction, and artisan market. Kerrytown Farmer's Market Pavilion, 315 Detroit Street, Ann Arbor. More info: homegrownfestival.org, email eatlocal@homegrownfestival.org, or call (734) 707-8488.

September 11 – U-M Erb Institute Speaker Series Lecture: Peter Sinclair on “Communicating Climate Science in the Disinformation Era,” 5-7 p.m. Hear about lessons in effective social media from Sinclair, creator of the popular YouTube series “Climate Denial Crock of the Week.” Erb Speaker Series is free and open to the public. U-M Ross School of Business, Room 2230, 701 Tappan St., Ann Arbor. More info: erb.umich.edu.

September 17 – Lecture: Sister Simone Campbell on “Justice Before Charity: Everyone Has the Right to Eat,” 7-9 p.m. Longtime advocate for systemic social and political change and executive director of NETWORK in Washington, D.C., Sister Campbell will speak about poverty in the United States, the effect on women and children, and the path for progressive change. Free and open to the public. U-M Ross School of Business, Blau Auditorium, 701 Tappan St., Ann Arbor. More info: ssw.umich.edu.

September 20 – Growing Hope Monthly Community Potluck and Sustainability Film Series, 6-9 p.m. A monthly event to cultivate community and engage anyone interested in sustainable communities, urban farming, and healthy food access. All are invited (including kids) to share in a meal and discussion with friends and neighbors. Film screening of “Designing Healthy Communities” immediately following potluck (roughly 7 p.m.). Please bring a dish to pass, and RSVP. Ypsilanti Public Library Downtown Branch, 922 West Michigan Ave., Ypsilanti. More info: www.growinghope.net.

growinghope.net, (734) 786-8401.

September 20-21 – “24-Hour Peace Generator” World-Healing Peace Circle, 6 p.m. Fri - 6 p.m. Sat. In celebration of United Nations International Day of Peace (9/21), join in others from all walks of life in silent prayer or focused meditation toward peace, understanding, joy, and healing for your family, the world, and yourself. Drop in anytime. Refreshments provided. Interfaith Center for Spiritual Growth, 704 Airport Blvd., Ann Arbor. More info: www.peacegenerator.org, or email info@peacegenerator.org.

September 21 – NAMI Michigan 2012 NAMIWalk, 10 a.m. (registration opens) / noon (walk begins). A 5K walk held at many locations across the U.S., the largest and most successful mental illness awareness event in the country aims to raise awareness about the stigmas surrounding mental illness, and to raise funds to help NAMI fight this stigma. Providence Park, 47601 Grand River Ave., Novi. To register or donate, visit www.namiwalks.org/michigan; for additional questions, email Kristen Taylor at ktaylor@namimi.org.

September 21-22 – 1st Annual Ann Arbor Area Russian Festival, 11-11 (Sat), 1-7 (Sun). Experience the best of Russian culture, food, entertainment, and shopping. Events include Russian food and bar, tea room, dancing and live music, kids' corner, and church tours. Free admission and parking. St. Vladimir Russian Orthodox Church, 9900 Jackson Rd., Dexter. More info: russianfestival.stvladimirraami.org, or call (440) 785-6131.

September 24 – “Take a Chance Tuesday”: live & free music at The Ark, 7:30-10 p.m. Food Gatherers benefit concert featuring contemporary songwriter Brad Cole. The Ark, 316 S. Main St., Ann Arbor. Free; donations of nonperishable food items accepted. More info: www.theark.org, or call (734) 761-1451.

September 27-28 – 7th Annual Ypsilanti Songwriting Festival, 7-9 p.m (Fri), 10:30-3 (Sat workshops), 9-midnight (Sat mainstage performance). Join the community in celebrating the art and craft of songwriting at the Ypsi Song Fest, featuring guest artists Peter Case, Paul Burch, and the Kerfuffles. Friday

performances at Corner Brewery, 720 Norris St.; Saturday daytime events at Ypsilanti District Library, 5577 Whittaker Rd.; Saturday evening performance at Woodruff's, 36 E. Cross St. More info: ypsilibrary.org/ysf, or call (734) 879-1303.

September 28 – 2013 IHN @ Alpha House Gimme Shelter Fundraiser, 6-9:30 p.m. Alpha House's only annual fundraising event, funds raised go directly to the programs at Alpha House assisting children and families experiencing homelessness in Washtenaw County. Highlights include strolling dinner and silent auction. WCC's Morric Lawrence Building, 488 E. Huron Drive, Ann Arbor. To register, become a sponsor, or donate to the silent auction, visit: alphahouse-ihn.org, or call (734) 822-0220.

September 29 – 2nd Annual Ypsi 24-Hour Film Shootout: Public Screening, 6-8 pm. Local filmmakers converge in Ypsilanti on the 27th to shoot and edit short movies in just 24 hours. Film screening and award ceremony free and open to the public. Eastern Michigan University College of Business, 300 West Michigan Ave., Ypsilanti. More info: ypsi24hourfilm.com.

September 29 – AIDS Walk Michigan in Ann Arbor, noon (registration) / 1 p.m. (walk begins). Free family event featuring live entertainment and refreshments. Proceeds stay in community to support HIV/AIDS prevention and care services provided by the HIV/AIDS Resource Center. Prizes awarded for early registration; teams and individuals welcome. DTE Building at corner of S. Main and William, Ann Arbor. To register or donate: www.hivaidresource.org/aids-walk-michigan-ann-arbor.

UPCOMING:

October 6 – 39th Annual Washtenaw Ann Arbor CROP Hunger Walk, 1 p.m. (registration); 2 p.m. (walk begins). Walk to raise funds for hunger and poverty relief here and around the world, as well as witness for justice for our poorest neighbors experiencing hunger in a world of plenty. St. Clare's Episcopal Church and Temple Beth Emeth, 2309 Packard St., Ann arbor. More info: www.icpj.net, or call (734) 663-1870.

I'm Going On from Here

by La Shawn Courtwright
Groundcover Vendor

(After seeing you today, talking with you,
and seeing your letter when it was slid under
the door, I thought about what you said. I
heard your voice saying to me, "You better
not give up!")

Lift me up oh Lord
Out of this great abyss!
For I sense there awaits better
things in the outer world
An awaiting bliss!
Deep from within my heart comes
the inspiration to write!
So my life from out of despair
take flight!
Send your angels to guard
over me!
So that I may do Your will
live upright!
So long I have suffered tragedy,
Urban blight!
Not only me ...
my sons' and daughters' lives
have been crushed!
By vicious circles of
beings ...
[By a so-called justice system
run amok]
Oh! Lord,
how did we get here?
I don't know the answers
to say such!
Inferior I am in their minds
is how they deem me!
Imperial as I am in God's eye.
By what they think ...
HIS plan for me says their labels
never stuck!

I'm
Going
On
From
Here!!

Raindrop Jail Cell

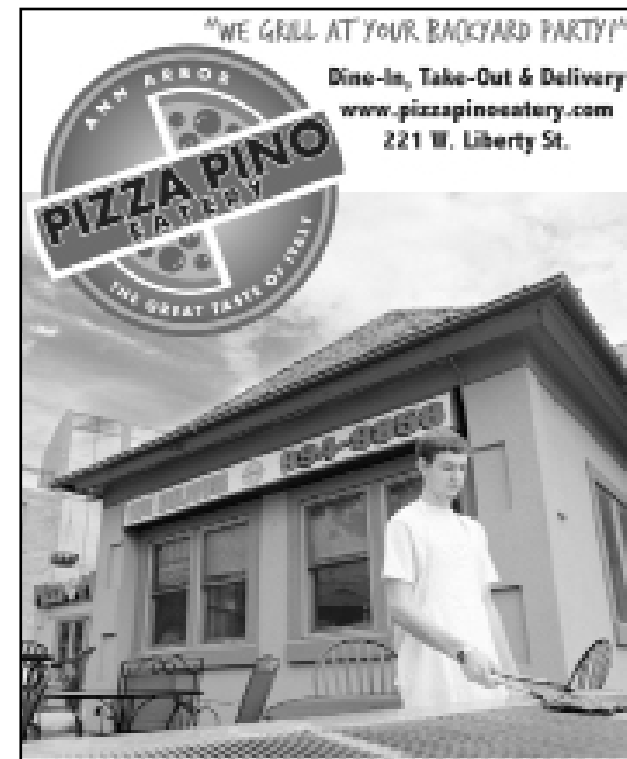
by La Shawn Courtwright

There's two shades of dark in this jail cell
full of gloom

The light switch has 2 settings,
one bright, one dim, amid this gloom.
None is the light of the Sun.
As you sit, and the time passes, ebbs away,
The only true thing close to you,
is the despair of loneliness, isolated
from everything you love in the outer world.
Even a visit is not face-to-face,
A video screen monitor,
Broken voices as the technology fails
to get your message to
the image on the screen,
No hope to touch the ones, in which
so much, for them you so care.
You'd have to be here to know what I mean
I heard it raining, the thunder from the storm.
Light flashing through my grayed-out windows ...
That won't enable me to see a thing.
Yet, I could see that raindrop clearly,
It's as if God was crying with me.

The Dissing of the Homeless by Susan Sabo Groundcover Contributor

Disclaimed
Disdained
Disenfranchised
Disenchanted
Dispossessed
Displaced
Distrusted
Disregarded
Disliked
Disowned
Dispirited
Discouraged
Dissed



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Lexi Erwin – a star on and off the court

continued from page 6

for the Final Four. I had watched the Final Four as a kid, dreamed of playing in it, and it actually happened! I was sad once it was over, but I'm so proud of what we accomplished."

She attributes some of the team's success to a change in team culture that helps team newcomers feel calmer and more comfortable making the transition to the college level. They are more integrated into the team, with everyone sharing equal responsibility and being held to the same standard. It made for a very deep bench and allowed for more risk-taking by everyone.

"I love the girls on the team and the connections we have. It will be weird not to be on the team when this semester is over," Erwin shared.

Her experiences with the team and Alternative Spring Break trips with Athletes in Action have given Erwin some insight into what she might like to do professionally after volleyball. One possibility is becoming a life coach and helping others – as Harden helped her – to define, articulate and achieve their goals.

"I've always had a huge heart for helping other people because I have been blessed with so much," Erwin

declared. "In volunteering, you learn something, too – there is mutual learning. Alternative Spring Break was my first opportunity to do something like this. Conflicts with volleyball always prevented trips like this when I was younger. It inspired me, seeing people who live with so little but have so much happiness and faith. I learned you can both help and be helped. Everyone has a different struggle.

"I came to Michigan to study business but soon learned that sitting behind a desk was not for me. Lexi Dannemiller [a teammate] told me about urban planning. I learned about design blocking or connecting people in cities and how the rich and poor can impact each other."

The spring break trip to Los Angeles helped Erwin see the physical manifestations of urban planning. After she graduates this spring in Environmental Studies with a specialty in urban planning, Erwin plans to do an urban planning internship in Detroit. She expects to address questions like how to bring people back to Detroit and how one would design Detroit if starting from scratch. That may lead her to pursue a master's degree in the field.

She is also tempted to play professional volleyball overseas. During the team's

training trip to Brazil this summer, their tour guide mentioned the possibility to her. Her body has held up well, and though she is still undersized, she learned that there are various levels of professional leagues, including some where she might be a good fit.

Erwin's friends Ainsley and Zeke joined her on both Alternative Spring Break trips and they all returned inspired to volunteer in their own community the way they had on the trips. In Los Angeles they had talked with Father Greg Boyle of Homeboy Industries and were impressed at how he had learned about street life from the people he worked with; how he saw the talents underlying their illegal activities and helped them apply those talents in more wholesome endeavors. They had different knowledge bases and could help each other see new opportunities. The three friends returned determined to create such a community of equals close to home.

"I had heard of *Street Sense* [the street newspaper in Washington, D.C.]

through a friend, and Jim Hart [a U-M volleyball supporter and owner of Seyfried Jewelers in downtown Ann Arbor – a favorite spot for people selling Groundcover] told me about Groundcover News when we were discussing *Street Sense*," Erwin says. "It is such a cool way to get people out in the community, developing skills while supporting themselves and their families. I thought the idea was awesome and I wanted to get connected with it."

The three athletes all have fall seasons that leave little time for more than attending to school, but they will help get the new U-M Groundcover student group started and intend to be regular fixtures around Groundcover in the winter.

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– Yoko Ono

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Desi Dhaba
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Black Bean Quesadillas



by Lisa Sonnenburg
Groundcover Contributor

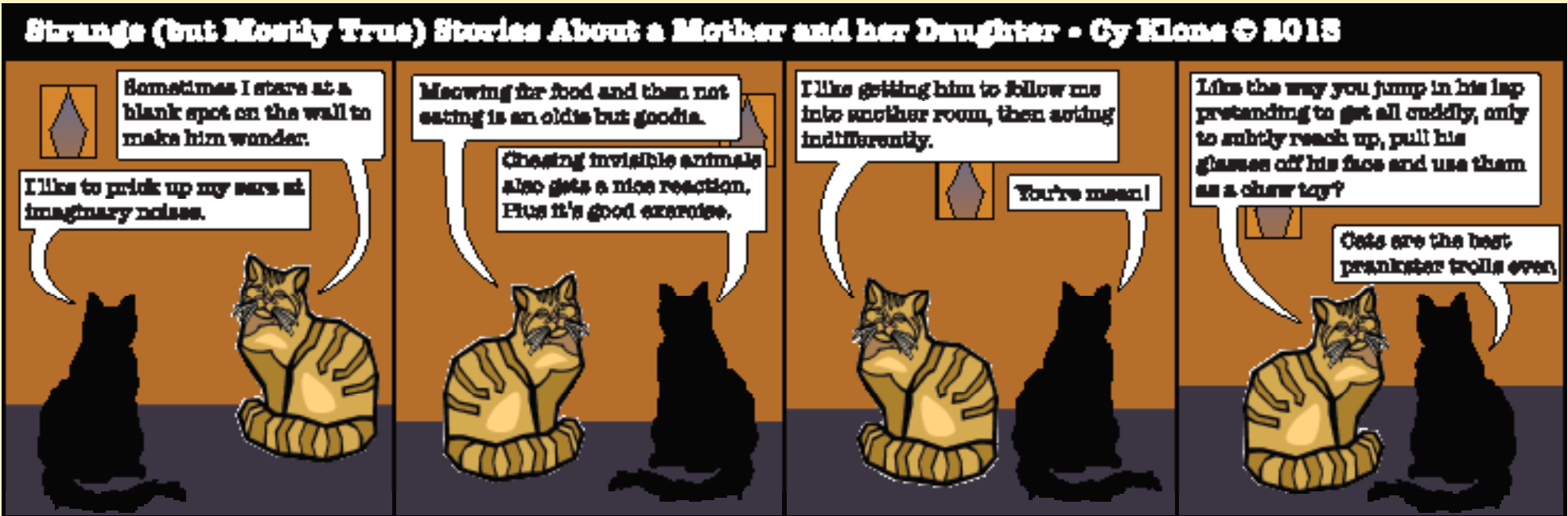
This is a quick and easy vegetarian dish. To make a vegan version, use soy or rice cheese.

- ½ onion, chopped
- 1 green pepper, chopped
- 2 28-oz cans of black beans, rinsed
- 2 medium tomatoes, chopped
- 1 T ground cumin
- 2 t ground coriander
- Salt and pepper to taste
- Hot sauce (optional)
- 8 large tortilla shells
- 16 thin slices of smoked gouda cheese (or any cheese of your choice)
- Salsa
- Tzatziki



In a large frying pan or skillet, sauté onions and peppers for 2 minutes. Combine beans, tomatoes, cumin, coriander, salt, pepper and optional hot sauce, and sauté until all ingredients are well-combined and heated through. Lay out the tortilla shells on cookie sheets and place 1 cup of bean mixture and 2 slices of cheese on half of each tortilla. Broil tortillas in the oven for 2-3 minutes. Remove from oven, transfer to plates and slice into quarters. Top with salsa and tzatziki. Serve with salad.

Serves 4



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